



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 19001, Candies, TOBLERONE, milk chocolate with honey and almond nougat

Report Date: June 26, 2017 15:52 EDT

Nutrient values and weights are for edible portion.

Food Group : Sweets

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 bar 35g
Proximates					
Water	g	3.28	--	--	1.15
Energy	kcal	525	--	--	184
Energy	kJ	2196	--	--	769
Protein	g	5.71	--	--	2.00
Total lipid (fat)	g	28.57	--	--	10.00
Ash	g	1.22	--	--	0.43
Carbohydrate, by difference	g	61.21	--	--	21.42
Fiber, total dietary	g	2.5	--	--	0.9
Sugars, total	g	55.74	--	--	19.51
Starch	g	0.02	--	--	0.01
Minerals					
Calcium, Ca	mg	126	--	--	44
Iron, Fe	mg	1.60	--	--	0.56
Magnesium, Mg	mg	47	--	--	16
Phosphorus, P	mg	145	--	--	51
Potassium, K	mg	260	--	--	91
Sodium, Na	mg	54	--	--	19
Zinc, Zn	mg	1.53	--	--	0.54
Copper, Cu	mg	0.340	--	--	0.119
Manganese, Mn	mg	0.361	--	--	0.126
Selenium, Se	µg	3.6	--	--	1.3
Fluoride, F	µg	3.3	--	--	1.2
Vitamins					

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 bar 35g
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin	mg	0.076	--	--	0.027
Riboflavin	mg	0.237	--	--	0.083
Niacin	mg	0.353	--	--	0.124
Pantothenic acid	mg	0.316	--	--	0.111
Vitamin B-6	mg	0.027	--	--	0.009
Folate, total	µg	9	--	--	3
Folic acid	µg	0	--	--	0
Folate, food	µg	9	--	--	3
Folate, DFE	µg	9	--	--	3
Choline, total	mg	60.5	--	--	21.2
Betaine	mg	1.7	--	--	0.6
Vitamin B-12	µg	0.47	--	--	0.16
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	37	--	--	13
Retinol	µg	37	--	--	13
Carotene, beta	µg	0	--	--	0
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	122	--	--	43
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	4	--	--	1
Vitamin E (alpha-tocopherol)	mg	1.77	--	--	0.62
Vitamin E, added	mg	0.00	--	--	0.00
Tocopherol, beta	mg	0.01	--	--	0.00
Tocopherol, gamma	mg	0.59	--	--	0.21
Tocopherol, delta	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	19.4	--	--	6.8
Lipids					
Fatty acids, total saturated	g	17.143	--	--	6.000
4:0	g	0.295	--	--	0.103

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 bar 35g
6:0	g	0.082	--	--	0.029
8:0	g	0.092	--	--	0.032
10:0	g	0.203	--	--	0.071
12:0	g	0.209	--	--	0.073
13:0	g	0.000	--	--	0.000
14:0	g	0.989	--	--	0.346
15:0	g	0.000	--	--	0.000
16:0	g	8.368	--	--	2.929
17:0	g	0.011	--	--	0.004
18:0	g	6.830	--	--	2.391
20:0	g	0.059	--	--	0.021
22:0	g	0.005	--	--	0.002
24:0	g	0.000	--	--	0.000
Fatty acids, total monounsaturated	g	3.744	--	--	1.310
14:1	g	0.000	--	--	0.000
15:1	g	0.000	--	--	0.000
16:1 undifferentiated	g	0.187	--	--	0.065
17:1	g	0.000	--	--	0.000
18:1 undifferentiated	g	3.557	--	--	1.245
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
24:1 c	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	3.234	--	--	1.132
18:2 undifferentiated	g	2.905	--	--	1.017
18:3 undifferentiated	g	0.329	--	--	0.115
18:4	g	0.000	--	--	0.000
20:2 n-6 c,c	g	0.000	--	--	0.000
20:3 undifferentiated	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 bar 35g
Cholesterol	mg	14	--	--	5
Stigmasterol	mg	10	--	--	4
Campesterol	mg	4	--	--	1
Beta-sitosterol	mg	27	--	--	9
Amino Acids					
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	12	--	--	4
Theobromine	mg	128	--	--	45